

# August Schedule

Washington Navy Yard

Fitness Center, Bldg. 22

## aerobics

# GROUP EXERCISE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>2</b> Boot Camp w/ Sawan Basic Step w/ Allison Mat Pilates w/ Richard	<b>3</b> Indoor Cycling w/ Sawan Jump Rope w/ Tisha Indoor Cycling w/ Allison	<b>4</b> Stability Ball w/ Allison Indoor Cycling w/ Allison	<b>5</b> Group Strength w/ Sawan Basic Step w/ Tisha Intro to Tai Chi w/ Richard	<b>6</b>
<b>9</b> Boot Camp w/ Sawan Basic Step w/ Allison Mat Pilates w/ Richard	<b>10</b> Indoor Cycling w/ Sawan Jump Rope w/ Tisha Indoor Cycling w/ Allison	<b>11</b> Stability Ball w/ Allison Indoor Cycling w/ Allison	<b>12</b> Group Strength w/ Sawan Basic Step w/ Tisha Intro to Tai Chi w/ Richard	<b>13</b>
<b>16</b> Boot Camp w/ Sawan Basic Step w/ Allison Mat Pilates w/ Richard	<b>17</b> Indoor Cycling w/ Sawan Jump Rope w/ Tisha Indoor Cycling w/ Allison	<b>18</b> Stability Ball w/ Allison Indoor Cycling w/ Allison	<b>19</b> Group Strength w/ Sawan Basic Step w/ Tisha Intro to Tai Chi w/ Richard	<b>20</b>
<b>23</b> Boot Camp w/ Sawan Basic Step w/ Allison Mat Pilates w/ Richard	<b>24</b> Indoor Cycling w/ Sawan Jump Rope w/ Tisha Indoor Cycling w/ Allison	<b>25</b> Stability Ball w/ Allison Indoor Cycling w/ Allison	<b>26</b> Group Strength w/ Sawan Basic Step w/ Tisha Intro to Tai Chi w/ Richard	<b>27</b>
<b>30</b> Boot Camp w/ Sawan Basic Step w/ Allison Mat Pilates w/ Richard	<b>31</b> Indoor Cycling w/ Sawan Jump Rope w/ Tisha Indoor Cycling w/ Allison			

6am - 7am

RED

11am-12pm

PURPLE

12:15pm - 1:15pm

GREEN

3:30pm - 4:30pm

LIGHT BLUE

4pm - 5pm

ORANGE

4:30pm - 5:30pm

DARK BLUE

**For registration and class information,  
contact (202) 433-3160.**

Passes can be purchased at Bldg. 22, Fitness Center, Washington Navy Yard

